

VITALITY



CLEAR THE AIR

4 common asthma triggers to expel from your home

A cure for hepatitis C?

Facts about this infection and treatment

Seek better slumber

IS SLEEP HARMING YOUR HEALTH?

cmh

WINTER 2016

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Mission

Caring for every generation through exceptional services by leading physicians and a compassionate health care team.

Vision

Be the first choice for customer-focused health care to every generation.

Core Values

I am...positive, respectful, innovative, dedicated, empowered. Together, we are CMH PRIDE.

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WELCOME

FEATURES

6 Health check

How's your health? Six key health risks that women face.

10 Can you cut your cancer risk?

Three lifestyle changes that can help keep you healthy.



UPDATES

4 Looking ahead

- Kick off a healthy new year by kicking the habit: Sign up for a smoking cessation class in 2017.
- The wait is almost over! New clinic in El Dorado Springs nears completion.

16 New providers to care for you

Get to know the new faces at Citizens Memorial Hospital and clinics.

Days away from the holidays

You are probably busy preparing for Christmas—decorating your home, buying gifts and planning holiday parties. During the hustle and bustle, it is easy to overdo it. Schedule time to relax! That may mean curling up with a good book for a couple of hours, getting a much-needed massage or having a cup of coffee with a friend. Those few moments of relaxation can go a long way toward staying healthy over the holidays.

Do you make New Year's resolutions? Check out page 5 to find out how to stick to your goals. One of your resolutions may be to get more sleep. That could be difficult if you have sleep apnea. On page 8 we share some red flags that may make you think twice about ignoring the signs.

Did you know that people born between 1945 and 1965 should be tested for hepatitis C? On page 9 we talk about this infection and how new treatments may hold a cure.

Many people experience chest pain. It could be caused by acid reflux, an infection and inflammation, or heart disease. If you've felt an uncomfortable pressure in your chest or a fullness or squeezing sensation, you'll want to read page 12 about the seriousness of angina.

Some of our newest medical providers are listed on page 16. From family medicine to podiatry and everything in between, you can read about the latest additions to our medical staff. From my family to yours, we hope you have a blessed Christmas and a wonderful New Year!

Donald J. Babb
CEO/Executive Director



Donald J. Babb,
CEO/Executive
Director



CMH signs letter of intent with CoxHealth

Citizens Memorial Hospital (CMH) and CoxHealth have taken the next step in the evolution of health care in the Ozarks: A letter of intent has been signed that provides the framework for bringing CoxHealth and CMH together.

“After a great deal of consideration, we feel that forming a partnership with CoxHealth is in the best interest of CMH’s future,” says Donald J. Babb, CEO/Executive Director of CMH. “This is a strategic partnership that will expand CMH’s mission and values and further our ability to make a difference in our local communities.”

The letter of intent will allow the organizations to work closely together to explore the details of one another’s business practices. After this period—called due diligence—the CMH and CoxHealth boards of directors will recommend a definitive agreement for approval. The parties will negotiate and work toward executing final agreements as soon as possible with a goal of closing mid-2017.

“One of CoxHealth’s key goals is to strategically expand our footprint to serve our communities by exploring collaborative relationships with other health systems,” says Steve Edwards, President and CEO of CoxHealth. “We are honored to join with an organization with such an excellent reputation and one that has made such a profound impact in the community it has served for more than 34 years.”

The finalized partnership that will make CMH part of CoxHealth will provide significant independence to CMH while allowing the organizations to act as one entity for purchasing, contracting and other business-related matters. CMH will join CoxHealth and retain its board, current employees, management and medical staff. CMH will also retain its long-standing name in a co-branded format with CoxHealth.

Once a final agreement has been reached, various government approvals may also be required, which could take several months. For more information, go to www.citizensmemorial.com.

Butterfield Park Medical Center now on Oakland Avenue

Butterfield Park Medical Center moved to its new location, 1300 N. Oakland Ave., in September. The building was previously known as the CMH Professional Building and once was home to Bolivar Family Care Center.

The new location includes five medical providers and two mental health professionals. Butterfield Park Medical Center is open to new patients and accepts most major insurance plans, including Medicare and Medicaid. To schedule an appointment, call 417-326-7676.



Amy Purdy, pictured with Citizens Memorial Hospital CEO/Executive Director Donald J. Babb, was the featured speaker for the 13th annual CMH Burgundy Ball, held Sept. 17. She is one of the top-ranked adaptive snowboarders in the world and is a para-athlete champion, actress, model and dancer.



Family medicine physician Ronald A. Evans, M.D. (at right), receives the Donald J. Babb Award from Babb during the Burgundy Ball.

Six honored for excellence

Congratulations to the following individuals for receiving the Donald J. Babb Award during the 13th annual Burgundy Ball in September. These individuals have used their influence and energy to improve health care delivery in Bolivar and the surrounding area. The 2016 award recipients are: Ronald A. Evans, M.D.; Derek B. Hunter, CPA; Bill Monday; Jeffrey K. Smieshek, D.O.; K. Ronald Smith, M.D.; and Tim Wolters, CPA.




SMOKING CESSATION CLASSES

Get help quitting for good

If you've tried to quit smoking on your own, you know how hard it can be, because nicotine is extremely addictive. Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., according to the Centers for Disease Control and Prevention—yet an estimated 40 million Americans still smoke cigarettes. **CMH offers free Smoking Cessation classes every quarter at different locations in our service area.** The 2017 classes start Monday, Jan. 9, and will be held for six weeks in Ash Grove, Missouri.


Classes are taught by Anne Bristow, RRT, a certified American Lung Association smoking cessation counselor. Bristow holds a master's degree in counseling and education. She has more than 40 years of experience as a respiratory therapist and 20 years of experience as a smoking cessation counselor at CMH.

Advanced registration is requested, and space is limited. Call CMH Cardiopulmonary Rehabilitation at  **417-328-6574** to register and for more information about the class.

EL DORADO SPRINGS MEDICAL CENTER NEARS COMPLETION

Residents in northwest Cedar County have another option for medical care, starting in January 2017. Citizens Memorial Hospital is completing the 5,600-square-foot family medicine and walk-in clinic in El Dorado Springs.

The new clinic, El Dorado Springs Medical Center and Walk-In Clinic, located at 322 E. Hospital Road, will offer family medicine, behavioral health, X-ray and lab services,

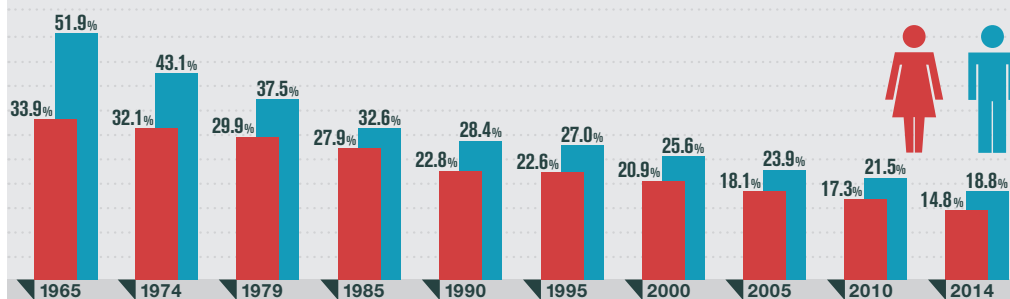
 and walk-in care. To make an appointment, call **417-876-2118**.



NEW TO THE NEIGHBORHOOD: El Dorado Springs Medical Center and Walk-In Clinic

SMOKING IN THE USA

A LOOK AT SMOKING RATES IN AMERICAN ADULTS



Source: Centers for Disease Control and Prevention

A DEADLY HABIT

THERE ARE MORE THAN

480,000

DEATHS A YEAR FROM SMOKING

278,544

DEATHS AMONG MEN

201,773

DEATHS AMONG WOMEN



JOIN THE RANKS OF FORMER SMOKERS. Thousands of Americans have quit for good—and you can too! Call us at **417-328-6574** to learn more about our smoking cessation programs.



BLOOD DONATION

It's worth doing

If you've ever thought about giving blood, don't give it another thought—just do it!

Donating blood is quick, safe and relatively painless. It's also really important. About 36,000 units of red blood cells are needed in American hospitals and emergency facilities every day. And just one donation can help save the lives of up to three people.

Among other things, the blood you donate can be used to help someone who's:

- » Undergoing chemotherapy.
- » Been injured in a car crash or a fire.
- » Getting an organ transplant.
- » Having a baby.
- » Having surgery.

Donated blood is often in short supply, especially around the holidays and during the summer. The good news is that you can donate often—every eight weeks in some cases.

To learn more about donating blood, visit www.cbco.org/donate-blood.

The next two blood drives at Citizens Memorial Hospital are scheduled for Thursday, Dec. 22, and Thursday, Jan. 5, 2017, from 1 to 6 p.m. in the CMH Community Rooms. Call 417-326-6000 for more information.



A POSITIVE START

HOW TO KEEP THOSE NEW YEAR'S RESOLUTIONS FROM UNRAVELING

It's that time of year when many of us sing an old familiar tune—and it's not "Auld Lang Syne."

Around the New Year's holiday, we vow to change. Perhaps to lose weight, stop smoking or reform our no-exercise ways.

Unfortunately, the resolutions we're good at making, we're also good at breaking. But it doesn't have to be like that. This year, set the stage for resolutions that stick by following these suggestions:

Keep it real. Don't expect to drop 30 pounds by February or to dive right in at the gym every night. Pin your hopes on

something more realistic—like a modest weight loss of maybe 10 pounds at first.

Be specific. Vague resolutions, such as "I'll exercise more," won't go far. Be clear about what you plan to do. For example, how many days will you work out each week and for how many minutes?

Don't let setbacks stop you. If you do fall back into an old habit, don't abandon your resolution—and all that you've accomplished. Figure out what went wrong, and work toward a fix.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention

NUMBERSTO KNOW

15.1%

OF U.S. ADULTS 18 AND OLDER
CURRENTLY SMOKE CIGARETTES.
MORE MEN THAN WOMEN
CURRENTLY SMOKE.



Centers for Disease Control and Prevention



National Weight Control Registry

Sixty-two

The percentage of people enrolled in the National Weight Control Registry who watch less than 10 hours of TV per week.

49

The percentage of U.S. adults 18 and older who meet the federal guidelines for aerobic physical activity.



Centers for Disease Control and Prevention

WOMEN'S HEALTH

What to know

If you're like many women today, you may juggle family, friends, kids and a career. That often doesn't leave much time for yourself—or your health. But a healthy life should be a priority for everyone, including you. A good place to start is with a visit to your doctor. It's also important to know some of the key health risks women face.



Stroke



Every year, **55,000 more women** than men have strokes in the U.S. Many stroke risk factors, such as high blood pressure and high cholesterol, are the same for both sexes. But women also have unique risk factors for stroke, including taking birth control pills and being pregnant.

Alcohol abuse

As many as **5.3 MILLION WOMEN** in the U.S. **abuse alcohol.**



Compared to men, women feel alcohol's immediate effects more quickly and are more likely to develop long-term health problems from drinking.

Brittle bones

Roughly **1 in 2 women OVER age 50**



will break a bone because of osteoporosis. A bone density test can detect bone-weakening osteoporosis.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Institutes of Health; National Osteoporosis Foundation; National Stroke Association

Heart disease

This **No. 1 KILLER** of women is **RESPONSIBLE** for more than



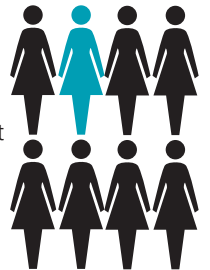
in the U.S.

Chest pain is the most common heart attack symptom. But women are more likely than men to have shortness of breath, nausea or vomiting, and back or jaw pain.

Breast cancer

On average, **women have** about a

1 in 8 CHANCE



of being diagnosed with breast cancer at some point in their lives. But that also means the chance of never getting breast cancer is about 7 in 8.

Smoking

Though **tobacco use is declining**, more than **13%** of women 18 and older **still smoke** cigarettes.



Lung cancer, most often caused by smoking, is the leading cancer killer of women. And babies born to women who smoke have a raised risk of dying from sudden infant death syndrome.



Talk to your family medicine provider about your health risks. Call the CMH Information Center at **888-328-6010** or **417-328-6010** for more information.



ASTHMA AROUND THE HOUSE

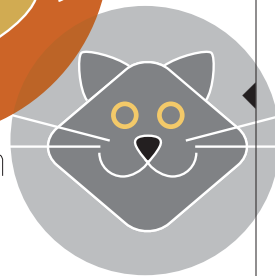
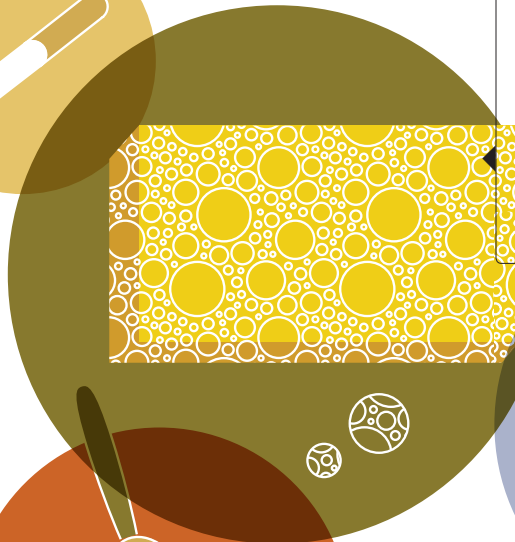
Stepping inside your front door shouldn't make you—or anyone in your family—wheeze. Yet any number of substances that can bring on an asthma attack might be lurking inside.

Here's a look at how to rid your home of four common asthma triggers, which may help keep this lung disease under control.

SECONDHAND SMOKE AND INDOOR AIR POLLUTANTS

Secondhand smoke not only causes asthma attacks, it can make them more severe. So don't allow smoking in your home—ever.

Smoke from burning wood is also a trigger. Only use wood that's been covered and is dry in a fireplace; there will be less smoke. And if you cook with gas, always use the exhaust fan. Gas stoves release nitrogen dioxide, which may make asthma flare up.



DUST MITES

These tiny bugs exist in every home and hide in many places, especially bedding, carpets and items covered with fabric.

Keep mites at bay by using dust-proof, zippered covers on pillows and mattresses. Vacuum carpet and upholstered furniture every week. And wash bedding in hot water weekly. Wash stuffed toys in hot water too.

MOLD

This trigger needs moisture to grow. Control mold by keeping the humidity level in your home low—no higher than 50 percent. Use an air conditioner or dehumidifier if necessary. Fix water leaks as soon as possible.

Taking a shower? Use an exhaust fan or open a window. And if you see mold on hard surfaces, clean it up with soap and water. Then let the area completely dry.

For more ways to manage your asthma, go to www.citizensmemorial.com/specialties/pulmonology.

ANIMAL ALLERGENS

No matter how well-loved, a furry pet can make asthma worse in people who are allergic to animal dander. Sorry, but the best defense is to find another home for Fluffy or Fido.

If you just can't part with your pet, keep it out of the bedroom of the person with asthma. Also, keep the pet away from upholstered furniture, carpets and stuffed toys as much as possible.

Sources: American College of Allergy, Asthma and Immunology; U.S. Environmental Protection Agency



SLEEP APNEA

The big snore

If you snore like a freight train, you might be the butt of a few friendly jokes. But there's nothing funny about the snoring that's associated with sleep apnea, a common sleep disorder that can cause serious health problems.

Not every loud snorer has sleep apnea. But it's a frequent sign.

People with sleep apnea stop breathing at night—briefly and repeatedly.

When these pauses happen, people may snore, make choking noises as they struggle to breathe and partially wake up since they're temporarily deprived of oxygen. Often, that interrupted breathing is caused by collapsed tissue in the back of the throat that blocks the passage of air into the lungs.

SEEK BETTER SLUMBER

Left untreated, sleep apnea can cause high blood pressure, heart disease, stroke and diabetes. So it's important to pay attention to possible symptoms of the sleep disorder. Along with snoring and interrupted breathing or choking sounds during sleep, red flags include having:

- » Morning headaches.
- » Excessive daytime drowsiness—for example, falling asleep at work or while driving.
- » Difficulty staying asleep.
- » A dry mouth or sore throat upon awakening.
- » Trouble concentrating.
- » Forgetfulness.
- » Moodiness, irritability or depression.

If there's any chance you have sleep apnea, tell your doctor. An overnight sleep study can help diagnose this sleep disorder, which is treatable.

Often that treatment includes continuous positive airway pressure (CPAP). You'll sleep with a face mask hooked up to a machine that will keep your airways open with a steady stream of air.

Sources: American Academy of Family Physicians; American Academy of Sleep Medicine; National Institutes of Health

Spend the night with us—at the Missouri Sleep Institute. Call **417-328-6631** to learn more about sleep studies.

Hepatitis C

Get the facts

Hepatitis C is a virus that can damage the liver. Here's what you need to know about this infection, and how new treatments may hold a cure.

VIRAL EXPOSURE

Hepatitis C begins as an acute infection and causes inflammation in the liver. In some people, it may last just a few weeks before the body fights it off. However, in up to 85 percent of people with acute hepatitis, the illness becomes chronic. That means the virus remains in the body and can last a lifetime.

Over time, and if left untreated, this may lead to problems such as cirrhosis, liver failure or liver cancer.

Hepatitis C is spread through contact with blood. Most people become infected through sharing needles to inject drugs. Before widespread screening began in 1992, many people also became infected through blood transfusions or organ transplants. Less commonly, the virus

can spread through:

- » Accidental needle sticks, such as in a health care setting.
- » Sexual contact.
- » Sharing personal items that have come into contact with blood, such as a razor or toothbrush.
- » Childbirth—hepatitis C-infected mothers can infect their babies during the birth process.

Hepatitis C often has no symptoms, so a person may be infected for years or decades without knowing it. According to the Centers for Disease Control and Prevention, when symptoms are present, they may include:

- » Fever.
- » Fatigue.
- » Nausea.
- » Vomiting.
- » Loss of appetite.
- » Abdominal pain.
- » Dark urine.
- » Clay-colored bowel movements.
- » Joint pain.
- » Yellowing of the skin or eyes (jaundice).



Call the CMH Infectious Disease & Internal Medicine Clinic at **417-328-7985** if you think you may need testing for hepatitis C.



BABY BOOMERS GET TESTED FOR HEPATITIS C

People born between 1945 and 1965 should be tested for hepatitis C, according to the Centers for Disease Control and Prevention. People born during those years are five times more likely to have the disease. Some may have gotten it from blood transfusions or from drug use. Others do not know how or when they may have been exposed.

Many people with hepatitis C remain undiagnosed. People can have the illness for years, or even decades, and not know it because they don't have symptoms.

If you were born during those years, talk to your doctor about testing.

TREAT IT—CURE IT?

There are several medications available to treat hepatitis C.

One of these, Eplclusa, was approved by the U.S. Food and Drug Administration in 2016 and may actually cure the infection. In a clinical trial, 99 percent of people who took the drug showed no evidence of having the virus in their blood after 12 weeks of treatment.



CANCER PREVENTION

3

ways to reduce your risk

This question has an obvious answer: Would you like to markedly cut your cancer risk?

Still, no matter how emphatic your “yes,” wanting to avoid cancer and knowing how are two different things. That’s where the three safeguards featured here come in.

While there are no guarantees that you won’t get cancer, research suggests that about one-third of the most common cancers in this country could be prevented if we all moved more, ate better and didn’t let extra pounds accumulate. (It also helps, of course, not to smoke—the No. 1 way to prevent cancer.)

As you read, you’ll discover doable ways to make all three of these lifestyle changes a reality.



1

Eat smart.

Your incentive: Just as a healthy diet protects you against heart disease and type 2 diabetes, it can also help you stay cancer-free.

For example, people who eat plenty of fruits and vegetables may reduce their risk of lung, oral, esophageal and stomach cancers.

Here’s how: Make produce a priority by filling half your plate with it. Fruits and vegetables are packed with naturally occurring plant chemicals that may protect our bodies’ cells from damage that can lead to cancer. Eat a variety of colorful plant foods—think of a rainbow—for the best mix of protective chemicals.

Also make at least half your grains whole grains, since fiber-rich foods appear to fend off colon cancer.

And go easy on fatty, sugary and salty foods. No strong evidence ties fat or sugar directly to cancer. But foods that are high in fat or sugar—or both—may add pounds, and being overweight raises your cancer risk. As for salty foods, an overly salty diet may contribute to stomach cancer.



2

Get moving.

Your incentive: Regular exercise appears to directly reduce the risk of colon cancer, endometrial cancer and breast cancer after menopause. And it indirectly lowers cancer risk by helping with weight control.

Here’s how: Aim for at least 150 minutes of moderately intense physical activity or 75 minutes of vigorous activity every week.

Start at your current ability level and then gradually do a little bit more.

Time-squeezed? Divide and conquer, for example, by taking three 10-minute mini walks rather than one 30-minute one. What matters most is your total exercise time every day.

And you don’t need a gym to be active. Sneak movement into your routine.

For instance, instead of calling friends, catch up with a walk around your neighborhood. Do errands on foot or pedal on your bike. Get off the bus two stops early. Watching TV? Do squats when commercials come on. You get the idea.



Want more tips?
Check out our online
health library at
www.morehealth.org/weight-loss.
Click on "Wellness
Tools" for a list of
useful tools to help
you reach your goals.

3

Monitor the scale.

Your incentive: A healthy weight may protect you from a long list of cancers. Among them: colon, kidney, pancreatic, endometrial and breast cancer after menopause.

Here's how: To reduce cancer risk, most people need to keep their body mass index (BMI) below 25. Ask your doctor if that applies to you.

If you need to drop pounds, a few simple habits may help you trim down.

Don't skip meals—a missed one can set you up for overeating. Use small plates to make modest portions look generous. Eat slowly, setting down your fork between bites. It takes about 20 minutes for your stomach to signal to your brain that you're full.

Keep high-calorie foods in an inconvenient spot so the hassle of getting them curbs cravings. Better yet, leave them in the grocery store and keep your home stocked with healthy foods.

Also important: Ask friends and family to encourage your weight-loss efforts. Their encouragement can help you stay on track.

Sources: Academy of Nutrition and Dietetics; American Cancer Society; American Institute for Cancer Research

MELANOMA SPOT THE PROBLEM

There's a form of cancer you can spot with your own two eyes: melanoma.

When diagnosed and treated early, melanoma, a skin cancer, can almost always be cured. Untreated, it can spread and become deadly. Knowing what to look for may help save a life.

What is melanoma?

This cancer develops when certain skin cells, called melanocytes, begin to grow uncontrollably and form a tumor. (Melanocytes are the cells that make melanin, the pigment that gives skin color.)

Exposure to ultraviolet (UV) rays from the sun or from tanning beds is a major risk factor for the disease. Genetics also plays a role.

Unfortunately, even as rates of other types of cancer are dropping, melanoma rates in the U.S. are on the rise, reports the American Academy of Dermatology (AAD).

For information on how to perform a skin self-exam, go to **www.morehealth.org/melanoma**.

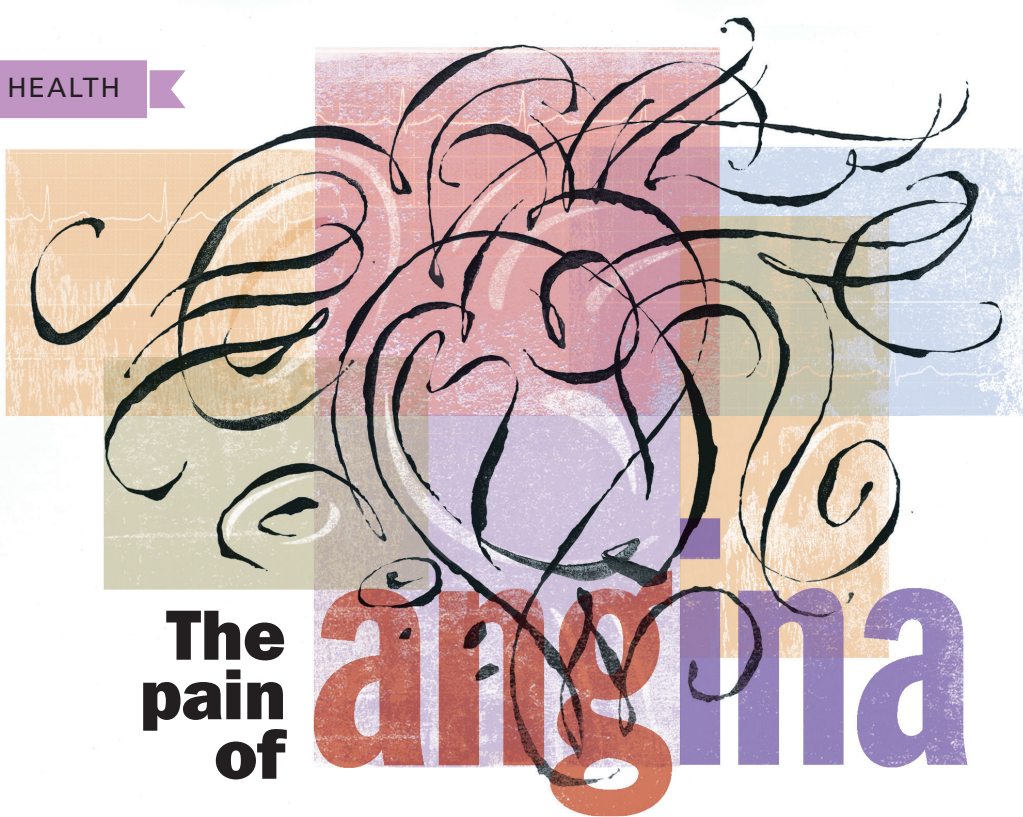
What to watch for

According to the AAD, there would be fewer deaths from melanoma if people regularly took time to examine their skin.

That means checking for moles on every part of your body—from your scalp to the bottoms of your feet and even under your fingernails. Notice the shape, size and color of your moles.

Especially look for new moles or those that are growing or changing over time or that look different from the rest.

If you see any moles that concern you, or if you have a mole that itches, hurts or bleeds, make an appointment to talk with your family medicine provider.



The pain of

angina

What to know about this common heart condition

A lot of things can cause chest pain—acid reflux, an infection and inflammation, to name just a few. But of all the possible causes, chest pain linked to underlying heart disease can be especially dangerous.

That type of pain, called angina, happens when part of the heart muscle fails to get the oxygen-rich blood that it needs.

According to the National Heart, Lung, and Blood Institute, angina is usually a symptom of coronary heart disease (CHD).

CHD occurs when the inner walls of arteries that nourish the heart muscle become narrowed or blocked by a fatty material known as plaque. This can cause angina and sometimes a heart attack.

WARNING SIGNS

Typically, people with angina feel pain or an uncomfortable pressure, fullness or squeezing sensation in the center of the chest. They may also have discomfort in the neck, jaw, shoulder, back or arm.

Other signs and symptoms may include shortness of breath, nausea,



Trust your heart with us. Call the CMH Heart Institute Clinic at **417-328-6040** for an appointment with one of our cardiologists.

fatigue, sweating, or numbness or tingling in the shoulders, arms or wrists.

The most common type of angina is called stable angina. It happens when the heart muscle is working harder than usual, like during physical exertion or emotional stress.

People with stable angina frequently learn to recognize its pattern and can predict when their pain will occur. The pain usually lasts five minutes or less and is relieved by rest or medication.

EASING THE PAIN

Angina can be treated with lifestyle changes, medicine or medical procedures.

Daily changes may include eating a healthier diet, losing weight, quitting smoking and exercising.

Medicine, such as nitroglycerin, may be needed to stop or prevent an episode of angina. Other drugs can lower blood pressure, slow the heart rate and relax blood vessels.

Medical procedures, such as angioplasty and coronary artery bypass grafting (CABG), can treat the underlying heart disease that causes angina.

With angioplasty, a thin tube with a balloon attached to its end is inserted into a blood vessel—usually in the groin—and advanced to the narrowed heart artery. The balloon is then inflated to open the blocked blood vessel. A mesh tube called a stent may also be left in the artery to hold it open.

CABG uses healthy blood vessels taken from another part of the body to bypass blocked heart arteries and improve blood flow to the heart.

GET HELP

If you have symptoms of angina, see your doctor right away. You don't have to live with the pain.

To learn more about angina, go to www.morehealth.org/angina.



The ups & downs of blood pressure

Does your doctor cuff you at every appointment? That's good! Regular checks with a blood pressure cuff are important for monitoring your health. Here's why:

If your blood pressure is too high—the top number of your reading is 120 or higher and the bottom number is 80 or above—you're at higher risk for several life-threatening

conditions, including heart failure, kidney damage and stroke.

Sometimes called the silent killer because it usually has no symptoms, high blood pressure, or hypertension, affects 1 in 3 American adults. So get cuffed regularly. And let these ups and downs help guide you in keeping your blood pressure in check.

What makes blood pressure go up?

Salt

Try this: Dine out less often, and stock fewer processed foods in your pantry. Why? Because 75 percent of the salt in most of our diets comes from processed foods and restaurant meals.

Stress

Try this: Identify stress triggers—then work on avoiding them. That might mean saying no to an extra responsibility or trimming down an overbooked schedule.

Excess weight

Try this: Set a goal to lose as few as 10 pounds if you're overweight. You don't have to lose a lot of weight to see a shift in your blood pressure.

Talk to a family medicine provider to help you bring down your blood pressure. Call **888-328-6010** or **417-328-6010**.



What brings blood pressure down?

Eating a healthy diet

Try this: Cook up a rainbow of fruits and vegetables, especially the deeply colored ones. Serve them with fiber-rich grains; low-fat dairy products; fish with omega-3 fatty acids; or legumes, nuts and seeds.

Relaxing

Try this: When stress makes you feel bad, do something that feels good. Listen to music or take a long walk—exercise by itself helps lower blood pressure, and it also helps relieve stress.

Taking medications

Try this: If you have trouble remembering to take your blood pressure medicines, use a pill dispenser and set a timer. Call your doctor about any bothersome side effects, and never quit your medications without your doctor's OK.

Sources: American Heart Association; National Institutes of Health



Keep in touch with your doctor



CHECKUPS

Why your child needs them

There are two kinds of trips to the pediatrician: those when your child is sick and those when he or she is well. Well-child checkups can be just as important as the visits for illness. They give you the tools you need to keep your child healthy year-round—and for a lifetime.

According to the American Academy of Pediatrics, at a childhood checkup you may expect:

A physical exam. Among other things, the doctor will measure your child's height and weight, listen to the heart and lungs, and press lightly on the abdomen to check the health

of internal organs.

A developmental assessment. The doctor may ask about emotional and behavioral health. For example, you may discuss a baby's developmental milestones—such as smiling, clapping and learning to walk—or how older children are doing in school.

A preventive medicine checkup. Your child may get vaccines or screening tests. For example, at some visits, vision or hearing may be tested. Doctors may also test lead and cholesterol levels and for diseases such as tuberculosis.

Don't hesitate to ask the doctor questions during a checkup.

Risks for a number of health problems increase as people age. These include arthritis, cataracts and certain cancers. Sometimes, a combination of genetics and environmental factors—including your lifestyle—puts you at risk as well.

By working with your doctor, you can better understand your specific risks. Just as important, you can learn how to head off those things that pose some of the greatest risks. For example, your doctor might recommend that you stop smoking, improve your diet, get moving and have recommended screening tests. In some cases, you might need medication.

If you already have a health problem, it's important to work closely with your doctor. Doing so can help you manage your condition. And that can help you live as healthfully as possible.

Sources: AGS Foundation for Health in Aging; National Institutes of Health

When to get checkups

In general, the American Academy of Pediatrics recommends checkups at the following ages:

Up to age 1:

- » Newborn.
- » 3 to 5 days.
- » 1 month.
- » 2 months.
- » 4 months.
- » 6 months.
- » 9 months.
- » 12 months.

Ages 1 to 4:

- » 15 months.
- » 18 months.
- » 24 months.
- » 30 months.
- » 3 years.
- » 4 years.

Ages 5 to 21:

- » Annual exams through the age of 21.
- » Your pediatrician may recommend more visits if necessary.

Looking for a pediatrician?

Butterfield Park Pediatrics & Walk-In Clinic is accepting new patients. Call **417-777-2121** to make an appointment.



Simple things help make healthy aging possible

Have you noticed that the numbers in the phone book seem to be getting smaller? Do you find it harder to get down on your knees to look under the bed—and to get up again?

There's no question that age brings changes to our lives. And yes, some of them we'd prefer to avoid.

Physically, for example, stiffening joints can make it harder to get around. And many people find that their short-term memory just isn't what it used to be. Often, difficult personal situations, such as the death of a spouse, can add to

the negative changes.

But age can bring positive changes too. One survey found that many older people say they have less stress and more time for family, interests and hobbies than they used to. In fact, the vast majority of older people report they are satisfied with their lives.

To a great extent, what older age will be like for you depends on how you live now and how you cope with the changes that come your way. You may not be able to turn back time, but you can move in a direction that may make getting older easier and more pleasant.



Cataract care.

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If you or someone you care for has been diagnosed with cataracts, there is another option to cataract surgery – LenSx Laser assisted cataract surgery. Board Certified Ophthalmologist Chetan Soni, M.D., FACS, with CMH Eye Specialty Center offers the breakthrough technology of laser assisted cataract surgery. Call today to see if laser assisted cataract surgery is right for you at 417-328-7000.

CMH Eye Specialty Center
1155 W. Parkview, Suite 2I, Bolivar
417-328-7000 or 888-328-6010



Here are a few pointers

- » **Decide to have an active mind and body.** Remember the adage “Use it or lose it.”
- » **Opt to be involved.** Isolation can contribute to depression and other health problems. So keep connected to family and friends. Social connections can help ensure that you have physical and emotional support for what comes your way.
- » **Choose a healthy lifestyle.** The advice you heard when you were younger still applies: Eat well, maintain a healthy weight, get enough rest, don't smoke, do what you can to stay safe and see your doctor regularly.
- » **Relish your leisure time.** Do things you enjoy, and allow yourself some downtime. Too much stress can contribute to a host of health problems.
- » **Practice healthy ways to cope.** Believe in yourself, and remember: You can handle whatever comes your way.

Sources: AGS Foundation for Health in Aging; Centers for Disease Control and Prevention; Mental Health America; Pew Research Center



Take matters into your own hands. Learn the steps you can take to prevent cancer.

SEE PAGE 10



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Brian Guhl, M.D., is a hospitalist at Citizens Memorial Hospital (CMH). Dr. Guhl specializes in treating patients that are hospitalized. For more information, call **417-326-6000**.



Robin Bobinmyer, AGNP-C, is a family nurse practitioner with Humansville Family Medical Center in Humansville. To schedule an appointment, call **417-754-2223**.



Gabrielle Guhl, M.D., is a physician specializing in family medicine and obstetrics at Butterfield Park Medical Center in Bolivar. Dr. Guhl is board certified by the American Board of Family Medicine. She can see patients for a full scope of family medicine, including women's health, obstetrical care, newborn care, well-child care and physicals, adult family practice and annual exams, contraception and IUD insertion, sports physicals, and joint injections. To schedule an appointment, call **417-326-7676**.



Thomas G. Douglas, FNP-C, is a nurse practitioner at Ash Grove Family Medical Center in Ash Grove. For an appointment, call **417-751-2100**.



Stephen N. Finzo, PsyD, is a clinical psychologist with Southside Medical Center—Behavioral Health and Butterfield Park Medical Center in Bolivar. Dr. Finzo specializes in the psychological evaluation of children, adolescents and adults. He has advanced training in attention-deficit hyperactivity disorder (ADHD) and behavior disorders, multifamily group therapy, expressive therapies, critical incident stress management, and more. To schedule an appointment, call **417-326-7840**.



Amber Ennis, DNP-FNP, B.C., is a nurse practitioner at Southside Medical Center in Bolivar. To schedule an appointment, call **417-326-7814**.



Brad W. Jones, DPM, is a podiatrist with CMH Foot & Ankle Clinic located in the Douglas Medical Center in Bolivar. Dr. Jones is board certified by the American Board of Podiatric Surgery. He specializes in diabetic foot care, toenail problems, bunions, hammertoes, plantar fasciitis, ankle pain, undiagnosed foot pain, foot numbness, foot fractures and more. To schedule an appointment, call **417-328-7560**.



Kyla Inman, NP-C, is a nurse practitioner at Bolivar Family Care Center at CMH in Bolivar. To schedule an appointment, call **417-326-6021**.



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